

## DRUG ABUSE AND USE OF ILLEGAL SUBSTANCES - A STUDY OF DISTRICT BARAMULLA, JAMMU & KASHMIR

**\*Aaliya Fazal, \*\*Mohmad Suhail Wani, \*\*\*Prof. Jog Singh Bhatia**

\*Ph.D Research Student, School of Management Studies, Desh Bhaghat University Amloh Road,  
Mandi GobindGarh Fatehgarh Sahib Punjab India, 147203, aaliyafazal1@gmail.com.

\*\*Ph.D Research Student, School of Management Studies, Desh Bhaghat University Amloh Road,  
Mandi GobindGarh Fatehgarh Sahib Punjab India, 147203, suhailwani1911@gmail.com.

\*\*\*Prof. Jog Singh Bhatia, Director, School of Business Management, Commerce and Economics, Desh  
Bhaghat University, 147203, jogbhatia@gmail.com.

Corresponding author Email: aaliyafazal1@gmail.com

### Abstract

The Baramulla district in J&K is one of the areas affected by substance abuse. About 70% of the addicts fall under the age group of 18-35 years. The trend of females getting addicted to drugs has increased by 31%. About 60% of student community is affecting by drug abuse (Rehabilitation Center District Hospital, Baramulla). Qualitative research was done in order to find out the impact of the substance abuse on adolescents. The study was conducted to check the level of abuse and major reasons behind substance abuse among adolescents and also to get the understanding of how these young people got the knowledge of drugs and their abuse. After doing the extensive study, it was found that various factors were responsible for substance abuse including stress, experimentation, psychological, peer group pressure, unemployment, easy availability of drugs, family issues and political uncertainty. The findings of this study could be used to educate parents, guardians, students, caretaker teachers and authorities on the menace of drug abuse and also find intervention ways to tackle the drug abuse and its consequences.

Keywords: Drug abuse, psychological, addict, adolescents.

### 1. INTRODUCTION

According to the United Nations Office on Drugs and Crime (2008), substance abuse is worsened by complex socio-economic challenges such as unemployment, poverty and crime in general. These social ills are devastating many families and communities. Drug pushers are forcing young people into taking substances so that once they are hooked; they can manipulate their friends into taking substances (United Nations Office on Drugs and Crime, 2008). A large number of youth especially adolescents are tempted to experiment drugs as part of transition from childhood to adulthood under peer pressure or for fun.

The menace of drug abuse has become alarming in J&K with children as small as 8 year old have felt prey to the misuse of drugs. According to a study by Margoob and Dutta, most of the addicts and drug abusers are male, and among them majority of them fall under the age group of 26-35 (57.2%). While cannabis was the most commonly abused drug followed by heroin. Cannabis abusers had low dependency rate and heroin had highest dependency rate.

### 1.1 DRUG ABUSE, ADDICTION & EFFECTS

The WHO estimates that 1.1 billion people, that is, nearly third of the world's population above the age of 15 years, use tobacco usually in the form of cigarettes. Of these smokers 700 million of them males live in developing countries (WHO, 2004).

When a person takes a substance and its body craves for its use and with continuous use he/she becomes addicted to it and can be called as addictive. When the person gives up to the urge of using the substance he becomes addict. He/she uses it despite knowing its ill effects on his health character and social image.

The adolescents and young children often start by smoking cigarettes after the school or bunk the school and move towards deserted places where they usually fall prey to drug peddlers and peer pressure and start using other forms of drugs. These adolescents would then proceed to use other drugs such as corex alcohol and hard drugs. Adolescents use substances for various reasons and major factors that lead to drug abuse include their vulnerable age, peer group pressure, dysfunctional families stress relief or just fun purposes. These adolescents are young

inexperienced and vulnerable and at such a stage of their life that they cannot comprehend the consequences of these drugs on their lives and damage it would do to their health future and society.

It is often seen that under the influence of drugs, they become excessively violent especially towards their parents, teachers, siblings, friends other fellow students. The uses of drugs by these children often have a negative effect on their studies. They start bunking schools not paying attention to their academic courses poor overall performance in extra co-curricular activities and even some cases ending up dropping out of school and adding to the rising rate of illiteracy, unemployment and crime. In addition, some adolescents are arrested by the police because of their involvement in criminal offences such as robbery, house breaking, shop lifting, etc.

### **(DISTRICT POLICE HEADQUARTERS BARAMULLA)**

Police, district administration, parents, health department, teachers, social activists, religious leaders and NGOs are trying their best to discourage the use of substances through awareness campaigns, sermons strict policies but their efforts seem to be ineffective. The police department has established drug de addiction centre in all the districts of J&K. In order to combat this menace the J&K government has released its first drug de addiction policy so that all the stakeholders involved put their best for combating the substance abuse in the union territory. According to this policy UT level Policy Implementation Monitoring Committee and J&K Division level De addiction centre monitoring committees have been constituted. The policy primarily focuses on prevention mitigation rehabilitation, recovery awareness and capacity building of drug addicts and also the measures to curb this menace.

## **2. STUDY AREA**

Substance abuse has assumed disturbing scales in Kashmir, the numbers rising steeply every year. Thousands of people, mostly youth, from Kashmir are slipping into the dark alleys of drug addiction as the Valley has been flooded with huge quantities of heroin.

District Baramulla is the largest district in the entire valley, both with reference to the population as well as area. The district is spread over an area of 4243 sq. kms. Baramulla district is bounded by Kupwara dis-

trict in the north, Budgam and Poonch in the south, parts of Srinagar and Ladakh in the east. (District Disaster Management Plan Baramulla, 2019-2020). Baramulla district has a population of 1,008,039. Of the total population, 534,733 (53.05%) were males and 473,306 (46.95%) were females, the sex ratio being 885 females for every 1,000 males.

The Baramulla district is one of the areas affected by substance abuse. About 70% of the addicts fall under the age group of 18-35 years. The trend of females getting addicted to drugs has increased by 31%. About 60% of student community is affected by drug abuse. In 2021 1565 cases were registered in drug de addiction centre Baramulla (REHABILITATION CENTER DISTRICT HOSPITAL BLA).

## **3. DATABASE AND METHODOLOGY**

The present study falls under the "Descriptive Method". Data was collected from primary and secondary sources of data. The Secondary data was collected from research articles, reports, journals, academic literature, & various departments of J&K government like Police health and district administration. The purpose of the study is found out the extent and magnitude of the problem of drug abuse among the youth. The sample of the study consists of 50 drug abused youth.

The sample was taken from the patients admitted in the de-addiction centres in addition to the participants were labourers, government employees, students and unemployed. Their permission for interviewing was taken prior questioning. The sample was selected from the registered cases of the de-addiction centres. The required data was collected through questionnaire and interview.

## **4. DATA ANALYSIS**

The population and the total no. of cases from 2010-2021 of this study comprised of:

1. The entire drug abused youth in the range of 18 – 30 years of age
2. The entire drug abuse youths who are under the treatment and rehabilitation programme in rehabilitation centers.
3. The total population of the drug abused youth in different rehabilitation center is around 2498 as per record of the Rehabilitation centers during the period 2010-2021.

**TABLE 1**  
**No. of cases and type of drug used (2010-2021)**

S.No.	Year	No. of cases registered	Type with quantity of recovered contraband
1	2010 To 2012	55	Spasmoproxvan=1242tabs, Recodex=401btl, Corex=12btl, Proxi-yan 60mg=83tabs, Alpex=20btl, Charas=855g, Brown Sugar=839g, Bung=8.200kgs, poppy=3kgs
2	2013 To 2015	74	Spasmoproxvan=545caps, Rexcof=129btl, Charas=1.690kgs, Brown Sugar=9kgs, Alpex=1000btl, poppy=10kgs. Fuki=45.500kgs, Cosome (lsd)=18btl, Eldezolam=110tabs, Poppy husk=14kgs, Big piper wine=1btl, Beer=6tin, Indian currency=Rs37850/=
3	2016 To 2019	309	Spasmoproxvan=70caps, Bung=4kgs, Codine=89btl, Codern=41btl, Topex=48btlEtc.
4	2020	495	Spasmoproxvan=1049strips, Recodex=1162btl, Charas=6.272kgs, Brown Sugar=11.550kgs, Bung=2kg, heroin= 7.60kgsEtc.
5	2021	1565	Spasmoproxvan=13361tabs, Rexcof=1039btl, Charas=7.495kgs, Brown Sugar=11.787kgs, Codex=52btl, Truestyle=115btl, Poppy straw=1.500kgs, Poppy seed=600g, Codine=21btl, Escof=65btl, Elturex=22btl, El-dezol-5=240tab, Amcodin=36btl, Cyrene=9btl, Rencodex=22btl, heroin=13kgs etc.

## 5. RESULTS AND DISCUSSION

The results are summarized in various themes including age and grade of substance use, reasons for substance use, maintaining the substance abuse habit, stopping the substance abuse habit and the effects of substance abuse.

**Table 2**  
**Theme based causes of drug abuse**

S.No.	Theme	Description
1.	Age and grade for substance use	The first time use of substances in this study was 13 years among the male participants. Furthermore, participants in this study started abusing substances in grade 9 to 12.
2.	Substance of abuse and setting	The nature of substances abused includes both legal and illegal substances. The legal substances abused by the adolescents in this cigarettes bidis and tobacco. Illegal substances abused include cannabis, and heroin and other anti-depressants. Some participants also stated that they were poly-substance abusers.
3.	Reasons for substance use	Participants mentioned various reasons for their use of substances. Their reasons included the following: Experimentation, Depression, Peer-group pressure, Availability and Family issues, trauma, political unrest and unemployment.
4.	Maintaining the substance abuse habit	The means of obtaining substances varied amongst the participants. Some obtained money from home, whereas others used their pocket money or earned a salary that could support their substance use, some also opted for theft. In some instances their friends bought substances for them.
5.	Stopping the substance abuse habit	All the participants emphasized that they want to stop using substances and as such need assistance. As participants respond to this question: Would you like to stop using drugs? Responses of participants: "I want to stop using drugs".

## 6. CONCLUSION

Drug abuse is a major threat to humanity and appears as a prime social problem. The menace of drug abuse has gripped a large percentage of young men and young women of the study area. The younger generation fall an easy prey to the menace of drug abuse. The school and college students are the most vulnerable group as they get easily tempted by friends and peddlers into trying drugs in guise of fun and bravery. Drugs abusers seek immediate relief to curb their fear, family problems, unemployment, loneliness and attention seeking.

A proper positive campaign is needed for treatment, prevention and rehabilitation of the drug abused youth. In this regard the main and most important role is to be played by families teachers government agencies police and voluntary organizations .the main aim of all the stakeholders in this regard should be getting back the recovered addicts into the main stream of social life and help them to start life afresh without social stigma.

In order to combat this menace the J&K government has released its first drug de addiction policy so that all the stakeholders involved put their best for combating the substance abuse in the union territory. According to this policy UT level Policy Implementation Monitoring Committee and J&K Division level De-addiction centre monitoring committees have been constituted. The policy primarily focuses on prevention mitigation rehabilitation, recovery awareness and capacity building of drug addicts and also the measures to curb this menace.

In addition to the above the problem of drug abuse needs a multi-prolonged strategy, aimed at awareness, capacity building recovery, streamlining all stakeholders and providing treatment and rehabilitation s to the addicts and to dealt with such issues there should be an effective coordination of all stakeholder such as parents, teachers, NGO, counselors, administration and health department and all criminal justice agencies. Above all we are aware of a golden saying "Prevention is better than cure" this can be best antidote to check our children and youth from the dirty cycle of drug abuse.

## 7. RECOMMENDATIONS

Fortunately, treatments are available to help people overcome the addiction. Research shows that combining addiction treatment medications with behavioral therapy is the best way to ensure success for most pa-

tients. The major recommendations for prevention of drug abuse have been enumerated below:

1. Policy implications
2. Training awareness and capacity development
3. Empowering youth and engaging them in fruitful skills and games.
4. Focus on key aspects comprising prevention, rehabilitation, integration, trainings and community awareness.
5. Reform the educational system and making learning and teaching and learning a friendly process
6. Government should establish more and more rehabilitation centers in all the districts where proper detoxification, counseling and rehabilitation.
7. Vocational trainings and awareness about ill effects of drugs could be imparted during their treatment in such institutions.
8. NGOs, social activists and religious leaders should be involved & given responsibility in fighting against the menace.

## REFERENCES

- [1] Adolescents Substance Use: Risk and Protection (2003) United Nations. economic and social commission for Asia and the pacific, United Nations Office on drugs and Crime. (<http://books.google.co.in>)
- [2] Ahuja, Ram (2003) Social Problem in India, Jaipur: Rawat Publication.
- [3] Baillargeon, L.; Landreville, P.; Verreault, R.; Beauchemin, J.-P.; Grégoire, J.-P.; and Morin, C.M. Discontinuation of benzodiazepines among older insomniac adults treated with cognitive-behavioural therapy combined with gradual tapering, *Journal of Clinical Pharmacy and Therapeutics*, 2004, 29, 1-8.
- [4] Billing, A., Ehrle, J., and Kortenkamp, K. (2004). Children cared for by relatives: What do we know about their well-being? Washington, DC, Urban Institute, Assessing the New Federalism, Booth, A., Scott, M., and King, V. (2010). Father Residence and Adolescent Problem Behavior: Are Youth Always Better Off in Two-Parent Families? *Journal of Family Issues*, 31, 1048-1065. Retrieved May 20, 2010, from <http://www.urban.org/publications/310486.html>
- [5] Department of labour and employment government of J&k, Hand book of information under section 4(b) of J&k RTI Act.
- [6] Department of MSME, Ministry of MSME. Brief industrial profile of Baramulla district.
- [7] Margoob MA ,Dutta KS , drug abuse in Kashmir -experience from a psychiatric disease hospital Indian journal of Psychiatry 1993 35 (3) 163-165

- [8] Margoob MA ,Dutta KS ,Some peculiar features of cannabis abuse in Kashmir journal of Indian society of health administrators 1992 Vol. 3, 62-63
- [9] MargoobMushtaq, Majid Abdul and Jehangir Irfan. Thin layer chromatography in detection of current nature of Drug Abuse in Kashmir.
- [10] Mohan.D and Dawan. A. Epidemiology of drug abuse behavior in substance use disorder, a manual for psychiatrists, RAY.R, Drug Dependence Treatment Centre & Department of Psychiatry. All India Institute of Medical Sciences 2000 p- 21
- [11] S.C., and Rowlett, J.K. Abuse and dependence liability of benzodiazepine-type drugs: GABA (A) receptor modulation and beyond. PharmacolBiochem-Behav 90(1):74–89, 2008.pering: A randomized trial. CMAJ 169:1015–1020, 2003.
- [12] US Department of Health and Human Services. UnderstandingDrug abuse and addiction.